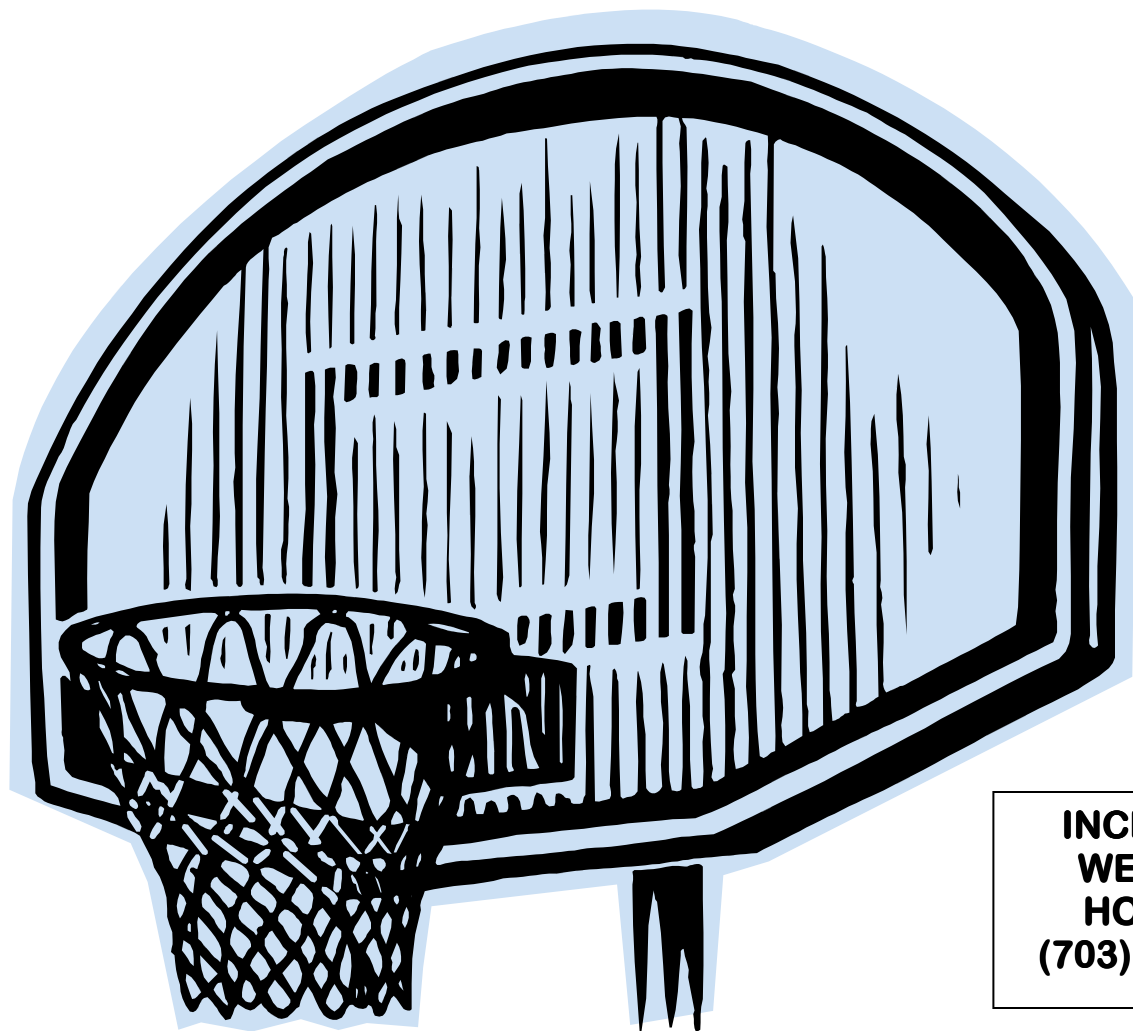


*City of Falls Church*  
*Recreation and Parks Department*

# YOUTH BASKETBALL PARENTHANDBOOK



**INCLEMENT  
WEATHER  
HOTLINE:  
(703) 248-5125**



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## **POLICY OF NON-DISCRIMINATION ON THE BASIS OF DISABILITY**

The City of Falls Church does not discriminate on the basis of disability in admission, access, treatment, or employment in its programs or activities. Cindy Mester, 300 Park Avenue, Falls Church, VA 22046 has been designated to coordinate compliance with all federal, state, and local non-discrimination requirements. Telephone (703) 248-5042; TTY 711 (703) 248-5149

## **ACCESSIBILITY STATEMENT:**

The City of Falls Church Recreation & Parks Department is committed to providing equal access to programs and facilities for these individuals. Persons with disabilities who are interested in participating in any of the Recreation & Parks Department's existing programs should contact the Department at (703) 248-5077; TTY 711 (703) 248-5149. Reasonable accommodation and support can be requested to provide access to desired programs and activities. Request for accommodation or services should be made at least 10 days in advance. In addition, where a need is demonstrated and resources are available, every reasonable effort will be made to establish specific programs for persons with disabilities.

Dear Falls Church Youth Basketball League Parents,

Welcome to the Falls Church Recreation and Parks Department's youth basketball program. This program has been in existence for over three decades, and features leagues for girls and boys in many different age groups. The goal of our basketball program is for the children to have fun, improve their basketball skills, learn how to work as a team, and learn how to deal with winning and losing in a positive manner that promotes good sportsmanship.

Basketball is a fast paced, energetic game played in a confined area. It is likely to cause players, coaches, and spectators to get excited and involved in the action on the court. We take pride in our basketball program and the opportunities that it presents to teach our kids about good sportsmanship. Please help us to maintain the high level of excellence we have grown to expect from our coaches, our parents, and our players.

Chris Madison is the Program Supervisor of our youth basketball program. During the season if you have any specific questions about the program or if a problem should arise that you would like to address, I ask you to contact Mr. Madison at (703) 248-5027.

On behalf of the Falls Church Recreation and Parks Department, I hope all of you have an enjoyable experience in our league this season. We look forward to another exciting season of fun, learning, and sportsmanship.

Sincerely,

Howard E. Herman, Director  
Falls Church Recreation and Parks Department

# Descriptions & Age Breakdowns

The Falls Church Recreation and Parks Department believes that the projected number of registrants will continue to support the older league structure.

## Co-ed Clinics

### Start Smart:

Clinic – 3-4 year olds

To teach the fundamentals and basic rules of basketball in a **fun, safe and non-competitive environment**. It gives parents and children the opportunity to work one-on-one and spend quality time together. **A parent is asked to stay and participate with their child.**

Clinic – 5 & 6 year-olds

Introduction to basic skills, preparations for league play.

## Boys' House League

7-8 year-old league

Designed for all 7 and 8 year-olds who want a league setting, but less competitive than the traditional leagues. This league will have a skills competition at the end of the season instead of a tournament and will play with league-modified rules with an junior-sized ball.

9-10 year-old league

The traditional league for 9 and 10-year-olds. This league will have a tournament at the conclusion of the regular season and will play with league-modified rules with an intermediate-sized ball.

11-12 year-old league

The traditional league for 11 and 12-year-olds. This league will play with league-modified rules with a regulation-sized ball.

13-14 year-old league

This league is intended as a transitional league for all 13 and 14 year-olds. Virginia High School League rules will be followed and a regulation-sized ball will be used.

15-18 year-old league

This league is designed for high school age boys who want to continue to play at the recreation level. All players must be currently enrolled in high school, not high school graduates. Virginia High School League rules will be followed, and a regulation-sized ball will be used.

## Girls' House League

|                       |   |
|-----------------------|---|
| 7- 8 year-old league  | Designed for all 7 and 8 year-olds who want a league setting, but competition at the end of the season instead of a tournament and will play with league-modified rules with an junior-sized ball.  |
| 9-10 year-old league  | The traditional league for all 9 and 10-year-olds. This league will have a tournament at the conclusion of the regular season and will play with league-modified rules with an intermediate-sized ball.   |
| 11-12 year-old league | The traditional league for 11 & 12-year-olds. This league will play with league-modified rules with an intermediate-sized ball.   |
| 13-18 year-old league | This league is designed for older girls who want to continue to play at the recreation level or for the high school player who wants to refine her skills. All Virginia High School League rules will be followed and an intermediate-sized ball. |

## Co-ed Clinics

The **Start Smart Clinic** is designed to teach 3-4 year old children the fundamentals and basic rules of basketball in a **fun, safe and non-competitive environment**. It gives parents and children the opportunity to work one-on-one and spend quality time together. **A parent is asked to stay with their child.** The clinic will be held once a week for six weeks on Saturdays. Each participant will receive the following: 1 Mini Basketball, 1 Soft-Bounce Basketball, 4 cones, 1 jersey, and 1 Start Smart Participant Manual.

|          |           |                    |            |
|----------|-----------|--------------------|------------|
| 621103-B | Saturdays | January 8 – Feb 19 | 9-9:45am   |
| 621103-C | Saturdays | January 8 – Feb 19 | 10-10:45am |

The **5 & 6 year old Co-ed Basketball Clinic** is a once-per-week instruction on the basic skills of basketball. The clinic is designed to prepare the players for league competition. The clinic will be held for seven weeks on Wednesdays or Saturdays. Volunteers are always needed to assist our staff. Each participant will receive a jersey and a basketball.

### 5-year-old clinics:

|          |            |                         |               |
|----------|------------|-------------------------|---------------|
| 621105-A | Mondays    | January 3– February 28  | 5:15-6:00pm   |
| 621105-B | Wednesdays | January 3 – February 16 | 5:15-6:00pm   |
| 621105-C | Saturdays  | January 8 – February 26 | 10:00-10:45am |

### 6-year-old clinics:

|          |           |                         |               |
|----------|-----------|-------------------------|---------------|
| 621106-A | Tuesdays  | January 4 – February 15 | 5:15-6:00pm   |
| 621106-B | Thursdays | January 6 – February 17 | 5:15-6:00pm   |
| 621106-C | Saturdays | January 8 – February 26 | 11:00-11:45am |



# Falls Church Recreation & Parks Department 2010-2011 Youth Basketball Program

## Age and Division Structures

All age groups are based on the participant's age as of October 1.

| Registration #      | Age Group                    | Birth Dates                   |
|---------------------|------------------------------|-------------------------------|
| <b><u>CO-ED</u></b> |                              |                               |
| 621103-A, B, C      | Start Smart Clinic (3-4 yrs) | Oct. 1, 2004 - Sept. 30, 2007 |
| 621105-A, B, C      | Co-ed Clinic (5 yrs old)     | Oct. 1, 2003 - Sept. 30, 2005 |
| 621106-A, B, C      | Co-ed Clinic (6 yrs old)     | Oct. 1, 2002 - Sept. 30, 2004 |
| <b><u>BOYS</u></b>  |                              |                               |
| 621107-A            | Boys 7-8                     | Oct. 1, 2001 - Sept. 30, 2003 |
| 621109-A            | Boys 9-10                    | Oct. 1, 1999 - Sept. 30, 2001 |
| 621111-A            | Boys 11-12                   | Oct. 1, 1997- Sept. 30, 1999  |
| 621113-A            | Boys 13-14                   | Oct. 1, 1995 - Sept. 30, 1997 |
| 621115-A            | Boys 15-18                   | Oct. 1, 1991 - Sept. 30, 1995 |
| <b><u>GIRLS</u></b> |                              |                               |
| 621207-A            | Girls 7-8                    | Oct. 1, 2001 - Sept. 30, 2003 |
| 621209-A            | Girls 9-10                   | Oct. 1, 1999 - Sept. 30, 2001 |
| 621211-A            | Girls 11-12                  | Oct. 1, 1997 - Sept. 30, 1999 |
| 621213-A            | Girls 13-17                  | Oct. 1, 1991 - Sept. 30, 1997 |

## \*\*\*Registration Fee Structure

**Early Bird** registration is open from October 4<sup>th</sup> to October 17<sup>th</sup>. Regular registration will continue from October 18<sup>th</sup> to October 31<sup>st</sup>. All registrations after October 31<sup>st</sup> will be placed on a waiting list, except for Boys 15-18 and Girls 13-18. The older boys & girls division's registration will be extended to December 2<sup>nd</sup>. Any player placed on a waiting list will stay on a waiting list until places open up on existing teams. There is no deadline for clinic registration. You may register in person, over the phone at 703-248-5077, or on the web at [www.fallschurchva.gov](http://www.fallschurchva.gov). Fees are due upon registration.

|   |   |  |
|---|---|--|
| Smart Start Clinic (3-4 yrs) <b>or</b><br>Co-ed Clinic (5-6 yrs): | City Resident:<br>Non-City Resident:  | \$70 per player<br>\$80 per player                             |
| Boys & Girls 7-8's League:  | <b>Early Bird</b> City Resident:<br><b>Early Bird</b> Non-City Resident:<br>Regular Registration: | \$120 per player<br>\$130 per player<br>\$135/\$145 per player |
| B&G 9-18's & Select League:                                       | <b>Early Bird</b> City Resident:<br><b>Early Bird</b> Non-City Resident:<br>Regular Registration: | \$140 per player<br>\$150 per player<br>\$160/\$170 per player |

### \*\*\* IMPORTANT FEE INFORMATION

The majority of this year's fee increases can be attributed to a \$30 per person fee charged to the City Of Falls Church for each participant for the use of Fairfax County facilities during the winter season.

## Team Placements & House League Tryouts:

All participants are required to attend **one** of the two-tryout dates listed below. Teams will be formed following the second tryout date listed. All players who register prior to the deadline and attend one of the tryout dates listed below will be placed on a team. The Recreation & Parks Department attempts to maintain parity in all of its leagues, **therefore request for coaches and/or request for pairings with other players will not be granted.**(\* =Draft Day for coaches)

| Age Group                      | Tryout Dates                  | Time              | Location                                     |
|--------------------------------|-------------------------------|-------------------|--|
| <b>Boys 7-8</b><br>621107-A    | Wed. Nov. 3<br>*Sat. Nov. 6   | 6:30pm<br>12:30pm | Community Center<br>Community Center         |
| <b>Boys 9-10</b><br>621109-A   | Wed. Nov. 10<br>*Sat. Nov. 13 | 6:30pm<br>12:30pm | Community Center<br>Community Center         |
| <b>Boys 11-12</b><br>621111-A  | Wed. Nov. 17<br>*Sat. Nov. 20 | 7:00pm<br>9:00am  | Community Center<br>Community Center         |
| <b>Boys 13-14</b><br>621113-A  | Sat. Nov. 20<br>*Mon. Nov. 22 | 1:00pm<br>6:30pm  | Community Center<br>Community Center         |
| <b>Boys 15-18</b><br>621115-A  | Thurs. Dec 2<br>*Sat. Dec. 4  | 7:30pm<br>12:00pm | Community Center<br><b>MEH Middle School</b> |
| <b>Girls 7-8</b><br>621207-A   | Mon. Nov. 1<br>*Sat. Nov. 6   | 6:30pm<br>9:00am  | Community Center<br>Community Center         |
| <b>Girls 9-10</b><br>621209-A  | Mon. Nov. 8<br>*Sat. Nov. 13  | 6:30pm<br>9:00am  | Community Center<br>Community Center         |
| <b>Girls 11-12</b><br>621211-A | Mon. Nov. 15<br>*Sat. Nov. 20 | 7:00pm<br>2:30pm  | Community Center<br>Community Center         |
| <b>Girls 13-17</b><br>621213-A | Thurs. Dec 2<br>*Sat. Dec. 4  | 6:30pm<br>4:00pm  | Community Center<br><b>MEH Middle School</b> |

## Important Telephone Numbers

Inclement Weather Line: (703) 248-5125  
Community Center Office: (703) 248-5077

### What to do if the weather is in question?

#### **Answer:**

**Call your coach or the inclement weather line (703-248-5125).**

Please do not call the community center office for gym closings, as we attempt to contact the coaches and the phone lines may be busy. Most coaches will have a phone tree set-up to communicate these cancellations, so your best bet may be to wait to hear from your coach. Just because the schools in Fairfax County or in Falls Church have closed doesn't mean that all of our activities are cancelled. If you're not sure, call the inclement weather line at (703) 248-5125.

## Volunteer Coaches Needed!

Coaches are needed at all age groups. There will be a mandatory meeting for all basketball coaches on Wednesday, October 27, 7:30pm at the Community Center. The Falls Church Recreation and Parks Department is **requiring all** volunteer youth coaches to have a background check and to be certified through NYSCA (National Youth Sport Coaches Association) by attending a clinic. More information on these clinics will be distributed at the coaches meeting.

## Referees Needed!

Paid officials are needed for our 9-10 boys and girls leagues. Experience is helpful, but not necessary. Hours are flexible; games are on weeknights and Saturdays. There will be a mandatory referees meeting and clinic in December. **If you are interested in officiating, call the Recreation & Parks Dept. at (703) 248-5077.**

## Coaches' Clinic

The Recreation and Parks Department will host a coaches' clinic. The time and place for the clinic will be announced at the coaches meeting. Local high school varsity and junior varsity coaches will be providing all coaches with practice tips, game strategies, and rule updates.

## Important Dates to Remember

|               |   |
|---------------|---|
| Oct. 4        | Registration Begins   |
| Oct. 27       | Coaches' Meeting beginning at 7:30pm  |
| Oct 31.       | Registration Deadline<br><i>(except for 13-14 boys, 13-17 girls &amp; 15-18 boys leagues)</i> |
| Nov. 1 – 22   | Tryout Dates<br><i>(except for girls 13-18 and 15-18 boys leagues)</i>                        |
| Nov 29        | Practices Begin   |
| Jan. 3        | Games Begin and all clinics start   |
| Nov. 20       | Deadline for 13-14 boys   |
| Dec 2         | Deadline for Girls 13-18 & Boys 15-18   |
| Nov20 – Dec 4 | Tryouts for 13-14 boys, 15-18 boys, and 13-17 girls   |
| Nov 29        | Practices Begin   |
| Jan. 3        | Games Begin and all clinics start   |



# League Rules

All Virginia High School League rules will be followed, unless addressed in this set of league rules.  
**Remember, the officials are the authority on the court.**

## A. PLAYING RULE EXCEPTIONS

### 7-8 boys and girls leagues only

1. Coaches will also be the referees. When a coach blows the whistle for a violation, instruction should follow to teach the players.
2. **Two full time-outs are permitted per game. (2-60 second time-outs)**
3. Game Length: Games will consist of four 8-minute quarters. There is a one-minute break between quarters, with a three-minute half-time break. The clock will be a running clock. If the game is tied at the end of regulation time, the first and second overtime will be three minutes in length. The third overtime will be sudden death.
4. An **JUNIOR** sized ball will be used.
6. The free throw line will be 3 feet in from the marked foul line, and the shooter may step on or over this foul line after his/her shot if momentum carries him/her over.
7. No backcourt pressure will be permitted in the 7-8 year old leagues.
8. **ALL** players must play at least half the game (2 uninterrupted quarters) – no sub during a quarter unless a player is injured.
9. This league will play all games on Saturdays at The Falls Church Community Center and will be play on the width of the gym floor (2 games being played at the same time).

### 9-10 boys and girls leagues only

1. The bonus situation will be in effect on the 10th team foul of the half. The double-bonus will **not** be in effect.
2. **Four time-outs are permitted per game. (2 Full (60 sec.) and 2 half (30 sec.))**
3. Game Length: Games will consist of four 8-minute quarters. There is a one-minute break between quarters, with a three-minute half-time break. The clock will stop on all whistles. **During the regular season** if regulation ends in a tie, the first and second overtime will be three minutes in length. The third overtime will be sudden death, except in the playoffs where one-minute overtimes will be played.
4. The lane violation will be **five seconds**.
5. An intermediate (28.5) sized ball will be used.
6. The free throw line will be 3 feet in from the marked foul line, and the shooter may step on or over this foul line after his/her shot if momentum carries him/her over.
7. Backcourt pressure will not be permitted for the entire season .



### **11-12 boys and girls leagues only**

1. **Four time-outs are permitted per game. (2 Full (60 sec.) and 2 half (30 sec.))**
2. Game Length: Games will consist of four 8-minute quarters. There is a one-minute break between quarters, with a three-minute half-time break. The clock will stop on all whistles. **During the regular season** if regulation ends in a tie, the first and second overtime will be three minutes in length. The third overtime will be sudden death, except in the playoffs where one-minute overtimes will be played. **Girls use a 28.5 ball.**
3. The lane violation will be **three seconds**.
4. On free throws, the shooter may step on or over this foul line after his/her shot if momentum carries him/her over.
5. If a team obtains a fourteen (14) point lead; they are not permitted to apply backcourt pressure to the opposing team.

### **13-14 boys, 15-18 boys and 13-17 girls leagues only**

1. **Two full (60 sec.) and two thirty second time-outs are permitted per game.**
2. Game Length: Games will consist of four 8-minute quarters. There is a one-minute break between quarters, with a three-minute half-time break. The clock will stop on all whistles. **During the regular season** if regulation ends in a tie, the first and second overtime will be three minutes in length. The third overtime will be sudden death, except in the playoffs where one-minute overtimes will be played. **Girls use a 28.5 ball.**
3. If a team playing 13-14 boys obtain a fourteen (14) point lead, and if a team playing 15-18 boys or 13-17 girls obtains a twenty (20) point lead, they are not permitted to apply backcourt pressure to the opposing team.

### **B. CONDUCT**

The coach is responsible for his/her conduct and the conduct of their players and spectators. Conduct by the coaches and parents should set an example for the team. Any actions, such as running up the score in a game, playing top players when the outcome has been decided, use of foul language or degrading players or officials are against the Recreation & Parks Department's principles and will not be tolerated.

### **C. PLAYING TIME**

1. **MINIMUM PLAYING TIME:** The objective of the basketball program is full participation, and all players must play a minimum of ten (10) minutes per game (2 uninterrupted quarters in the 7-8 boys and girls leagues). League officials will enforce this rule. The only exception to this is in the case where a player's actions (such as missing practice, constantly disrupting, etc.) warrant such action, or an injury/illness prevents the player from completing the game. In either case, the coach **MUST** report to Falls Church Recreation and Parks Department Staff all discipline problems, illness, injury, and absent players to the score table **PRIOR** to the start of the game.
2. **MAXIMUM PLAYING TIME:** No player shall play more than 26 minutes in a game. (In the 7-8 boys and girls league, players must sit at least one (1) quarter). Every player will sit out at least six (6) minutes of each game, unless there are only five (5) eligible players present
3. The Falls Church Recreation & Parks Department recommends that each coach assign a parent to keep track of **his/her own team's** playing time. Coaches and parents should not try to keep track of the playing time of players from the opposing team.

### **D. GYM RULES**

1. Tennis shoes (not wet or dirty) must be worn by all participants.
2. No running or bouncing of balls in the halls adjacent to the gym is permitted.
3. No food or drinks are permitted in the gym (water bottles with water are allowed).
4. Smoking is prohibited on all school grounds, and in the Community Center building.
5. Stay off of the floor while other teams are practicing
6. School teams have priority over recreation teams.

### **E. PROTESTS**

The Falls Church Recreation and Parks Department makes every effort to make the league fun, fair, and safe for all involved. Part of the learning process for all people is that mistakes happen. We have a junior official program, with referees with varying amount of experience. We encourage all coaches and parents to bring any incidents to the attention of the building supervisor, officials or administrators so that they may continue to learn, just as the children are learning. However, as is the case under Virginia High School League rules, **NO PROTESTS OF GAMES WILL BE CONSIDERED.**

### **F. POST-SEASON EXHIBITION GAMES**

At the end of the season, representatives from some age groups will be chosen to play exhibition games. There will be a meeting of all coaches in late-February to discuss the tournaments and vote on players for the exhibition games. The teams will be chosen in the following manner: all coaches will nominate deserving players from their own team. All coaches then vote on the nominated players. Each team must be represented.

## **Important Telephone Numbers**

Inclement Weather Line: (703) 248-5125  
Community Center Office: (703) 248-5077

## **What to do if the weather is in question?**

### **Answer:**

**Call your coach or the inclement weather line (703-248-5125).**

Please do not call the community center office for gym closings, as we attempt to contact the coaches and the phone lines may be busy. Most coaches will have a phone tree set-up to communicate these cancellations, so your best bet may be to wait to hear from your coach. Just because the schools in Fairfax County or in Falls Church have closed doesn't mean that all of our activities are cancelled. If you're not sure, call the inclement weather line at (703) 248-5125.



# Gym Locations and Directions

## **CC Falls Church Community Center, 223 Little Falls Street**

- From Tyson's Corner: Follow Rte. 7 east into Falls Church. Precede past a strip mall with Shoney's, Jerry's Pizza, etc. and make the next left onto Little Falls St. Center is two blocks on the left.
- From Seven Corners: Follow Rte. 7 west into Falls Church. Proceed past Washington St. (Rte. 29) two blocks and make a right onto Little Falls St. (across from the post office). Center is two blocks on the left.

## **GM1/GM2/MEH George Mason High School, 7124 Leesburg Pike**

- From Tyson's Corner: Follow Rte. 7 east past the I-66 interchange. School is on the left.
- From Seven Corners: Follow Rte. 7 west into Falls Church. Proceed through Falls Church, and the High School is on the right past Haycock Rd. **Must enter the school from the back entrance.**  
**GM1 - Gym #1 (Main Gym) is closest to Rte. 7 entrance.**  
**GM2 - Gym #2 (Aux. Gym) is back by the football field.**  
**MEH - Located in the new school.**

## **TL Timberlane Elementary School, 2737 West Street**

- From Tyson's Corner: Follow Rte. 7 east into Falls Church. Make a right onto West St. (at the Taco Bell). School is on the left, about 1 1/2 miles (across from National Memorial Cemetery)
- From Seven Corners: Follow Rte. 7 west into Falls Church. Make a left onto Washington St. (Rte. 29). Follow for 1 1/2 miles to West St. (West End Shopping Center is on left). Make a right onto West St., and the school is on your right about 1/4 mile down.

## **S Shrevewood Elementary School, 7525 Shreve Road**

- From Tyson's Corner: Follow Rte. 7 east past the I-66 interchange. At the first light, make a right onto Shreve Rd. School is 1 1/4 miles on the left, between Virginia Ln. & Fairwood Ln.
- From Seven Corners: Follow Rte. 7 west through Falls Church. Make a left onto Shreve Rd (at the Giant shopping center). School is 1 1/4 miles on the left, between Virginia Ln. & Fairwood Ln.

## **W Westgate Elementary School, 7500 Magarity Road**

- From Tyson's Corner: Follow Rte. 7 east past I-495. Make your first left on Magarity Rd. School is 1 mile on the left.
- From Seven Corners: Follow Rte. 7 west to Tyson's. Just before the I-495 interchange, make a right onto Magarity Rd. School is 1 mile on the left.

## **PS Pine Springs Elementary School, 7607 Willow Lane**

- From Tyson's Corner: Rte 7 east into Falls Church. Take a right onto West Street. At the end of West Street take a right onto Rte. 29. Take a left onto Meadow View Road (across the street from the National Memorial Park on Rte 29). Take a right onto Willow Lane.
- From Seven Corners: Rte 7 west into Falls Church. Take a left onto Rte 29. Take a left onto Meadow View Road (across the street from the National Memorial Park on Rte 29). Take a right onto Willow Lane.

## **TJ Thomas Jefferson Elementary School, 601 S. Oak Street**

- From Tyson's Corner: Follow Rte. 7 east into Falls Church. Proceed 3 blocks past West St. and make a right onto Oak St. School will be on the left at the bottom of the hill.
- From Seven Corners: Follow Rte. 7 west into Falls Church. Proceed past Washington St. (Rte. 29) until you see the Burger King on your right. Make the next left onto Oak St. School will be on your left at the bottom of the hill.